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JeffHOPE News-Fall 2016

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JEFFHOPE NEWS

FALL 2016

GIVING HOPE SINCE 1991

UPDATES

HCV TESTING

Hepatitis C is an insidious viral disease that can lead to cirrhosis and malignancy. It caused nearly 20,000 deaths in 2015. For the first time ever, new treatments for Hepatitis C are now available that consist of a three month oral regimen that has minimal side effects and >95% cure rates. However, this disease is both under-diagnosed and under-treated, and studies estimate that likely more than 80% of people who have a history of injecting drugs have Hepatitis C. This is where JeffHOPE comes in! For almost 2 years, JeffHOPE has worked with Prevention Point Philadelphia to offer rapid antibody Hepatitis C testing at our Saturday clinic site. Through this, we have uncovered disease in >30 patients, and worked closely with them to provide initial lab tests including confirmatory viral load, and linkage to curative treatment with trusted primary care and hepatology or infectious disease physicians. Students are currently conducting a needs assessment at our other 4 clinic sites to see if Hepatitis C testing can be appropriately expanded as a JeffHOPE-wide service.



Back Row: Bob Wiley, Cliff Hegedus, Zac Klock, Brian Elliot, Michael Reynolds, SBRM staff
Front Row: Talya Laufer, Anna Carleen, Shannon Doyle, Alicia Seeds, SBRM staff, Steffi Cramer



Anusha Vemuri, Michelle Glick, Karishma Kodra, Kate Landers, Maya Bass, MD



Mackenzie Purdue, Emily Sterbis, Elizabeth Davis

SAVE THE DATE! JEFFHOPE BALL

FRIDAY FEBRUARY 17, 2017
7 PM - 12 AM
WANAMAKER BUILDING
CRYSTAL TEA ROOM

Dear Friends of JeffHOPE,

Thank you for helping us to achieve another wonderful and productive year. Thousands of people depend on us to make a positive difference in the quality of their lives, while we work hard to uphold the values of our mission statement: kindness, equality, and excellence. We are proud of the many helping hands that make JeffHOPE special. Keep up the great work!

-Adam Zimilover & Mandy Lacue, Publicity & Fundraising Committee 2016

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WITH US ONLINE!

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FROM THE PROJECT DIRECTOR....

Dear friends and supporters,

From everyone on our board of directors, I wanted to thank you for your continued support and dedication to this organization! It has been our pleasure to help lead JeffHOPE. This past year, as more dedicated homeless- care community programs have continued to open, we have focused less on treating chronic medical conditions and more on providing a bridge between patients and a healthcare system that can be intimidating for anyone with significant barriers to care. By finding those patients that have fallen through the cracks of the healthcare system and establishing lasting relationships with them, we have aimed to help guide those patients back into established care.

This is only possible because of the endless dedication of our committee members, who tirelessly work to help any patient who walks through their clinic doors. After extensive trainings on a myriad of health and social care topics and, most importantly, on the job experience, our committee members have become experts in supporting every patient gain access to the care they deserve. While we guide patients back into the healthcare system, we at JeffHOPE also have the privilege to guide members of the healthcare community by introducing them to the unique and wonderful population that we serve. It is our goal that every student and resident who comes out to volunteer will get to know at least one of our inspiring patients. We hope after hearing the struggles so many of our patients face, staff and volunteers alike will use those stories and the lessons they carry to become more compassionate and understanding providers.

As we reach to grow and improve as an organization, we hope you will continue to support us in our quest to provide better and more comprehensive care to our JeffHOPE patients. We look forward to seeing you out at clinic!

Hannah Purkey
JeffHOPE Project Director 2016



JJ Newland, Daniel Baquet, Chelsea Katz, Nirali Butala, Gerald Gibbons, Savannah Coe, Makenzie Perdue, Andrew Ines

NEW POSITION: TRIAGE DIRECTOR

I've really enjoyed this past year as Director of Operations, a new position. I am responsible for the triage committee, the electronic medical records/ documentation, and quality improvement efforts. It's been very rewarding having a role at all clinic sites, as every location has a different approach to patient care. I am proud of the growth of the triage committee members, as they become more confident in their roles. I have also enjoyed the opportunity to work with students in all years on quality improvement projects. JeffHOPE members have many interesting perspectives and ideas for improvement that provides me with a constant source of energy and excitement for the future of JeffHOPE.

Alex Strauss
JeffHOPE Triage Director 2016

CLINIC AT A GLANCE

MOST COMMON PROCEDURES:

BLOOD GLUCOSE CHECKS
BLOOD PRESSURE CHECKS
FLU SHOTS
DEPO-PROVERA
STI TESTING

MOST COMMON MEDS GIVEN:

IBUPROFEN
ACETAMINOPHEN
DIPHENHYDRAMINE
LORATADINE
HYDROCORTISONE CREAM
NICOTINE PATCHES/GUM
PRENATAL & CHILDRENS VITAMINS

EDUCATIONAL INTERESTS OF OUR PATIENTS:

SMOKING CESSATION
CONTRACEPTION COUNSELING
NUTRITION COUNSELING
STRESS REDUCTION/MANAGEMENT TECHNIQUES
UNDERSTANDING CHRONIC DISEASES (I.E. HTN, DM)

MONDAY @ ELIZA SHIRLEY
1320 ARCH STREET

TUESDAY @ SUNDAY BREAKFAST
RESCUE MISSION

302 N. 13TH STREET
WEDNESDAY @ ACTS
1428 N. 28TH STREET

THURSDAY @ OUR BROTHER'S PLACE
907 HAMILTON STREET

SATURDAY @ PREVENTION POINT
333 W. GIRARD AVENUE



PPP employees and volunteers



Savannah Coe and Nirali Butala with two OBP patients

ADVOCACY SPOTLIGHT

WHAT ARE THE MOST COMMON ADVOCACY RESOURCES?

ENROLLNOW.NET - FOR GETTING HEALTH INSURANCE AND CHANGING INSURANCE PLANS

BROAD STREET MINISTRIES - PROVIDES INDIVIDUALS WITH FOOD AND AN ADDRESS FOR RECEIVING MAIL

COUNTY ASSISTANCE OFFICES- DEPT. OF HUMAN SERVICES HELP GETTING ACCESS TO A VARIETY OF GOVERNMENT ASSISTANCE.

PROJECT H.O.M.E RESOURCE GUIDE - TO REFER INDIVIDUALS TO A VARIETY OF ASSISTANCE PROGRAMS

STEPHEN KLEIN WELLNESS CENTER - A COMPREHENSIVE FREE CLINIC ASSOCIATED WITH JEFFERSON

PHILLY RESTART - OFFERS FREE MEALS AND ASSISTANCE GETTING A GOVERNMENT ID

RESEARCH AT JEFFHOPE

EYE SCREENING IN AN URBAN HOMELESS SHELTER

In association with Wills Eye, ophthalmologists and medical students are currently assessing the eye care needs of a homeless shelter population in Philadelphia while simultaneously conducting an eye-screening program in order to reduce visual impairment in our population. Currently over 50 individuals have been screened. In addition to offering eye screening exams, patients will be educated on the importance of eye care especially if they are at risk. The combination of offering an eye screening exam to JeffHOPE's immediate population and reporting on findings in literature serves to improve the health and quality of life of the urban homeless population.

SELF-REPORTED INDICATORS FOR HEPATITIS C VIRUS SCREENING IN JEFFHOPE PATIENTS

We currently offer rapid HIV testing on an opt-out basis at all clinic sites, but only one JeffHOPE site currently tests for Hepatitis C Virus (HCV). HCV screening is recommended for adults born between 1945 and 1965, as well as current and former IV drug abusers. This study aims to assess the risk factors of our population in the hopes of subsequently providing HCV testing at all our clinics.

ASSESSING THE NEED FOR DERMATOLOGICAL CARE AND PREVALENCE OF DERMATOLOGIC CONDITIONS IN AN URBAN HOMELESS SHELTER

Jefferson Dermatology department residents and physicians are attending clinic on a monthly basis at ACTS shelter. Data from the Dermatology Clinic will be collected to assess the effectiveness of the services offered. In assessing and treating the dermatologic needs of JeffHOPE's immediate population, and in reporting on findings in peer-reviewed journals, we hope to improve the health and quality of life of the urban homeless population.

CONTRACEPTION

Some of the patients JeffHOPE serves are insured mothers who have a primary care physician, and yet they seek out JeffHOPE to fulfill their contraceptive needs. However, JeffHOPE cannot currently provide women with long-acting reversible contraception such as intrauterine devices or implants. This in turn limits the options available for the women hoping to prevent pregnancy for years in the future. For these reasons in particular, JeffHOPE does not wish to replace the role of a primary care physician in contraception counseling. This project hopes to investigate the patient perspective on the barriers to discussing contraceptive options with their physician. Past research utilizes the opinion and perspective of the provider, but with the evaluation of the patient identified barriers, JeffHOPE clinic members may better counsel patients to discuss contraception with their physician for a more sustainable solution.

EKG STUDY

This is a short-term observational study of EKG results of patients across all JeffHOPE clinics, which will allow us to develop a better understanding of the cardiac health of the clinic population and help us better address the needs of our clinic population through targeted health education interventions.



JeffHOPE Clinic at ACTS



Zac Klock, Nithin Paul, MD, Sarah Wells, Alex Rowan, Kelsey Capron, James Harrigan, Caroline Komanecky, Gerald Gibbons, Susannah Eckman, Jenna Hackenberger, Elissa Dalton, Gerald Durkan, Anne Marlay

SPOTLIGHT ON THE JOHN BELL CENTER

BASICS

- Associated with Philadelphia Fight Community Health Center
- Location: 1207 Chestnut St 3rd floor
- Phone: 267-725-0252
- Hours: Monday through Friday, 9 AM - 5 PM
- Accepts any or no insurance
- Call the night before to schedule an appointment. There is a physician on call to treat emergent cases.

SERVICES

- HIV, Hep C
- Pre-exposure Prophylaxis/Post-exposure Prophylaxis
- Primary care
- Dental (off-site)
- Any individual can be seen- men, women, children
- Will see patients that have been previously incarcerated
- Benefits: food stamps, health insurance, help with payments for medications or copays, FAFSA, etc.
- Behavioral Health services: walk-ins, depression, anxiety, drug/alcohol, quitting smoking, chronic pain,

INSTITUTE FOR COMMUNITY JUSTICE

- 1207 Chestnut St, 2nd floor
- Phone: 215-525-0460
- Hours: Tuesday through Friday 1 PM - 5 PM
- Services: GED, computer classes, resume building, yoga, art, creative writing
- Prison Support program

CONTACTS

- John Bell Health Center: Dr. Franklin Yates (infectious disease)
- Institute for Community Justice: Hannah Zellman
- Other physicians: Dr. Elaina Tulley (med-peds) and Dr. Jay Kostman



IF YOU HAD TO DESCRIBE JEFFHOPE IN ONE WORD...

HUMILITY

Because we take down the barrier between the medical profession and our underserved neighbors, by meeting our patients in their own homes and community, meet them wherever they are at - psychologically, socially, financially - and address their greatest needs given the context of their current situation.

- Caroline Komanecky, MS4, Clinic Director @ PPP

IMPACTFUL

We get the chance to learn and be trained to have some sort of beneficial impact on the people that let us into their lives a little bit every week. And they impact us too! They impact our ability to understand those different from us and they add to our knowledge of how other people are treated and the struggles they face, and how we can work together to overcome those challenges.

- Anna Carleen, MS2, Advocacy @ Sunday Breakfast

ADVOCACY

I think this is one of most important roles and a lot of the patients that come through our clinics don't have anyone in their corner to help them through a lot of their challenges. I think JeffHOPE does a great job of showing no these patients that they always have us and we can help them fight for what they need, especially in regards to healthcare.

- Makenzie Perdue, MS2, Education @ OBP

NECESSARY

It should be required for every student to attend multiple clinics

- Michelle Glick, MS2, Education @ Eliza Shirley

TEACHING

I feel as if I continuously am learning from my experience at JeffHOPE. From the dedicated doctors who never leave a question unanswered, to upper years striving to teach what they have learned, to clinic members sharing what they have learned from their positions, to most importantly the women and children teaching us how we can best help them.

- Mandy Lacue, MS2, Triage @ ACTS

CARING

The people of this organization truly care about the people we serve. It is nice to see this because in medical school, it seems that everyone gets caught up in the grades and performance that we forget why we really came here.

- Mike Reynolds, MS2, Triage @ Sunday Breakfast

REWARDING

While we do help many of the men at the shelter every week, I have learned so much more from them than they have from me.

- Steffi Kramer, MS2, Triage @ Sunday Breakfast



Clockwise from top: Paul Leo, Prachi Priyam, and Caroline Komanecky, each posing with Prevention Point Streetside Health Coordinator Clayton Ruley



Caroline Komanecky

REFLECTIONS BY COMMITTEE MEMBERS AND DIRECTORS

WHAT SETS YOUR CLINIC APART FROM THE OTHERS?

ACTS, as a long term women and children's shelter, gives us a chance to know the families who are there. We are able to build a sense of trust with the women, and they really start to know clinic members by name.

- Mandy Lacue, MS2, Triage @ ACTS

The residents of this shelter are typically long term residents so I am able to make long term relationships and work on long term goals with the men.

- Makenzie Perdue, MS2, Education @ OBP

WHAT HAS BEEN THE MOST SURPRISING/UNEXPECTED REGARDING YOUR EXPERIENCE WITH JEFFHOPE?

I was unsure of how much change we as medical students could have on patient care. So, I was surprised to see how much we are capable of so early in our medical training. Not only were we able to attend to the immediate acute care issues patients present to many of our clinics with, but also getting patients lined up with insurance, primary care providers, wound care clinics, or even a pair of reading glasses.

- Daniel Baquet, MS2, Procedures @ OBP

WHAT HAS BEEN YOUR MOST GRATIFYING EXPERIENCE WITH JEFFHOPE?

Being the person that the women unload unto. I have been the person to share unexpected pregnancy news with a patient and talk them through their options. I have been able to procure appointments, glasses, Plan B, and health insurance for patients. Every single week of ACTS is the most gratifying. It solidifies my desire to be a doctor and allows me to continue to study hard for a purpose.

- Sam Schoer, MS2, Advocacy @ ACTS

My most gratifying experience with JeffHOPE has been just talking to some the guys as they wait to see a med team or a committee member. For example, once I talked to one patient about different neuropathic pain medications (of which he was more familiar with the different options than me) but it was humbling to learn about the different medications and hear his experiences with some of the side effects.

- Emily Sterbis, MS2, Triage @ OBP

TELL US ABOUT A PATIENT WHOSE CARE IMPROVED BECAUSE OF YOUR ADVOCACY

We had a woman who was ~32 weeks pregnant complicated by hypertension and advanced maternal age without prenatal care and we were able to get her connected to the health care system allowing her to safely give birth to her child and have follow up care.

- Niko Kurtzman, MS4, Clinic Director @ ACTS

HOW WILL YOUR EXPERIENCE WITH JEFFHOPE IMPACT THE WAY YOU PRACTICE MEDICINE IN THE FUTURE?

It has given me the confidence to approach and start conversation with a wide variety of individuals.

- Gerald Gibbons, MS4, Clinic Director @ OBP

In college I took many classes which discussed the social determinants of health, and I believed that I had understood those. However, JeffHOPE has taught me how much each persons story and life events impact the care they receive. It has taught me to always listen first and to work with the patient.

- Mandy Lacue, MS2, Triage @ ACTS

JeffHOPE exemplifies the value of never passing judgement and doing everything you can to make the lives of others better. I hope to implement this attitude with all of my patients in the future, whether it is to help my patients find the cheapest prescription drugs available in their area or to spend that extra minute listening when patients most need it.

- Steffi Cramer, MS2, Triage @ Sunday Breakfast

TELL US ABOUT A LESSON YOU LEARNED FROM YOUR PATIENT.

One lesson I've learned is that you can be educated, smart, capable, friendly, motivated, you name it...and still be homeless. A couple weeks ago at Sunday Breakfast we had a short-term resident come through who spoke five languages, impressed us all with his magic tricks using nothing more than the piece of paper, coin, and pencil that were on the triage desk when he came in, and taught us basic techniques that he uses to teach kids self-defense. That man had more natural talent for performance and languages than anyone I've ever met. If he fell into circumstances that led to him being in a homeless shelter that night, then I believe anyone could.

- Anna Carleen, MS2, Advocacy @ Sunday Breakfast

I will remember to consider the biopsychosocial model. Every patient you interact with brings a complex social history that must not be ignored to provide patient care. The opportunity to see the residents' boxes of medicine at Our Brother's Place. There were so many barriers to compliance with no organization of many medicines and frequently several proviers unknowingly prescribing duplicate medications or ones with significant interactions.

- Alex Strauss, MS4, Triage Director

2016-17 JEFFHOPE VOLUNTEERS

DIRECTORS

Project Director + Clinic Coordinator
Hannah Purkey

Finance
Danielle Levine
Keyur Patel

Research
Samuel Spiegel

Triage + Operations
Alexandra Strauss

Eliza Shirley + Kids
Kathryn Landers

Sunday Breakfast + Education
Zachary Klock

ACTS + Pharmacy
Nicholas Kurtzman

Our Brothers Place + Advocacy
Gerald Gibbons

Prevention Point + Procedures
Caroline Komanecky

COMMITTEE MEMBERS

Advocacy
Anna Carleen
Anusha Vemuri
Makenzie Perdue
Nirali Butala
Paul Leo
Prachi Priyam
Sam Schoer
Shannon Doyle

Education
Bob Wiley
JJ Newland
Michelle Glick
Sara Edwards
Savannah Coe
Talya Laufer

Kids
Josh Weasen
Michelle Chen
Nish Pandya
Rebecca Margolis
Talia Arceri

Pharmacy
Amanda Walsh
Andrew Ines
Cliff Hegedus
Katie Bupp

Procedures
Alicia Seeds
Arjun Balakumar
Brian Elliott
Daniel Baquet
Lauren Markowski
Tom Anderson

Clinic Coordinators
Elizabeth Davis
Emily Sterbis
Sonia Sethi
Tali Gorica

Publicity/Fundraising
Adam Zimlover
Mandy Lacue

Research
Kristen Peterson
Mike Markowitz
Mike Pintauro
Mike Reynolds

Triage
Chelsea Katz
Steffi Cramer



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